Hazard Evaluation Checklist for Lifting, Carrying, Pushing, or Pulling

This checklist is not designed to be a comprehensive risk assessment technique but rather as a tool to quickly identify potential problem jobs. Additional risk factors may exist that are not accounted for in this checklist. It is common practice to follow up checklist observations with more precise techniques to confirm problem risk factors.

"Yes" responses are indicative of conditions that pose a risk of developing low back pain. The larger the percentage of "Yes" responses that are noted, the greater the possible risk.

Risk Factors	YES	NO
1. General		
1.1 Does the load handled exceed 50 lb.?		
1.2 Is the object difficult to bring close to the body because of its size, bulk, or shape?		
1.3 Is the load hard to handle because it lacks handles or cutouts for handles, or does it have slippery surfaces or sharp edges?		
1.4 Is the footing unsafe? For example, are the floors slippery, inclined, or uneven?		
1.5 Does the task require fast movement, such as throwing, swinging, or rapid walking?		
1.6 Does the task require stressful body postures, such as stooping to the floor, twisting, reaching overhead, or excessive lateral bending?		
1.7 Is most of the load handled by only one hand, arm, or shoulder?		
1.8 Does the task require working in extreme temperatures, with noise, vibration, poor lighting, or airborne contaminants?		
1.9 Does the task require working in a confined area?		
2. Specific		
2.1 Does lifting frequency exceed 5 lifts per minute?		
2.2 Does the vertical lifting distance exceed 3 feet?		
2.3 Do carries last longer than 1 minute?		
2.4 Do tasks that require large sustained pushing or pulling forces exceed 30 seconds duration?		
2.5 Do extended reach static holding tasks exceed 1 minute?		

Source: T. R. Waters, "Manual Materials Handling", in: *Physical and Biological Hazards of the Workplace* (Second edition). Edited by P. Wald and G. Stave. New York: John Wiley and Sons, 2002.